

Food Bytes

Learning Connection

Did you know that kids who attend healthy schools have fewer absences, higher academic achievement and are more likely to graduate from high school?

Does your school...

- Offer only healthy food and beverages?
- Provide nutrition education?
- Serve daily, nutritious breakfasts and lunches?
- Offer physical activity and PE to all students?
- Have an existing school health team that ensures student health is a priority?
- Do everything it can to make sure kids are healthy and ready to learn?

If the answer is no to any of these questions, there are resources to help. You can help make a difference, too. Visit www.actionforhealthykids.org for info and resources about the learning connection.

The N.C. State Board of Education (SBE) has a goal that all public school students be healthy and responsible. The SBE recently updated the *Healthy Active Children Policy* to support coordinated school health, local wellness policy, physical activity and education, nutrition education and the school nutrition environment. Find out more at www.ncpublicschools.org.

Menus for July 2015

[Insert name of Local Education Agency] Schools

| | | Wednesday, July 1 | Thursday, July 2 | Friday, July 3 |
|-----------------------------------------------------------------------------------|------------------|--------------------|-------------------|-----------------|
|  | | | | |
| Monday, July 6 | Tuesday, July 7 | Wednesday, July 8 | Thursday, July 9 | Friday, July 10 |
| | | | | |
| Monday, July 13 | Tuesday, July 14 | Wednesday, July 15 | Thursday, July 16 | Friday, July 17 |
| | | | | |
| Monday, July 20 | Tuesday, July 21 | Wednesday, July 22 | Thursday, July 23 | Friday, July 24 |
| | | | | |
| Monday, July 27 | Tuesday, July 28 | Wednesday, July 29 | Thursday, July 30 | Friday, July 31 |
| | | | | |

July

- National Blueberries Month
- Peach Month
- National Parks and Recreation Month
- National Watermelon Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>